

My Health Matters! 2015-16 Wellness Campaign Incentives



My Health Matters!

Activity	Timeframe	Incentive
Biometric Screenings and online Health Assessments		
<p>Blue Shield Members: Step 1: Register at mywellvolution.com and complete a Well-Being Assessment. Step 2: Complete a biometric screening View complete program details at www.blueshieldca.com/cosb</p> <p>Kaiser Members: Step 1: Register at healthworks.kp.org/cosb and take the online Total Health Assessment questionnaire. Step 2: Complete or be current with your biometric screenings</p> <p>Note: Only employees subscribed in a County-sponsored medical plan are eligible to receive incentives and are subject to fund availability.</p>	<p>Both activities MUST be completed to be eligible to receive an incentive.</p> <p>September 1, 2015 – April 30, 2016</p>	\$100 Reward Card
Smoking Cessation Programs		
<p>Blue Shield Members: Complete 4 coaching calls with a Quit Net Coach to help you quit smoking.</p> <p>Kaiser Members: Complete HealthMedia® Breathe® — an online program to help you quit smoking.</p>	<p>Blue Shield: All Year Kaiser: September 1, 2015 – April 30, 2016</p>	\$100 Reward Card
Steps to Success		
<p>Monthly Challenges: Employees that complete all milestones within a Steps to Success monthly challenge (individual or group) will earn a FitBit One*</p> <p>Note: Participants will only be able to earn one FitBit One every 3 years.</p>	All Year	FitBit One
<p>Quarterly MEGA Challenges: NEW Employees that complete all milestones within a Steps to Success MEGA challenge will earn a FitBit Aria Scale*</p> <p>Note: Only One (1) FitBit scale may be earned per eligible employee. Subject to fund and inventory availability.</p>	Quarterly Beginning: October, January, April, and July	FitBit Aria Scale
<p>Steps to Success Milestones: Track your physical activities on the Steps to Success portal and receive incentives for meeting milestones along the way! Register and participate at www.healthychcommunity.ca/sbhr. Receive a free pedometer just for registering!</p>	All Year	Various milestone prizes Click here for a preview!
<p>Wellness Wednesdays: NEW Every Wednesday, My Health Matters! will do a random drawing for a gift card! You MUST be an active participant on Steps to Success and have logged at least 5,000 steps in the previous week to win.</p>	All Year	\$ Gift Cards

*Only Employees who are enrolled in a County-sponsored medical plan may be eligible for a FitBit. Employees who opt-out are not eligible.

For More Information: Visit the My Health Matters! at <http://cms.sbcounty.gov/hr/Benefits/WellnessProgram.aspx>
Contact My Health Matters! at mhm@hr.sbcounty.gov or via phone at 909-387-5787